

This guided workout is designed to target a specific goal/muscle group.

Please ensure that you always train within your capabilities and ask one of our Fitness Consultants if you need technique advice on any of the exercises below. Once you have finished your session, please return this card ready for the next user.

Exercises

Perform as many rounds as possible within 10 minute timer

Round 1:

A: Hollow Hold

10 Deep Breaths

B: Plank

10 Deep Breaths

C: Side Plank

5 Deep Breaths each side

Round 2:

A: Renegade Rows

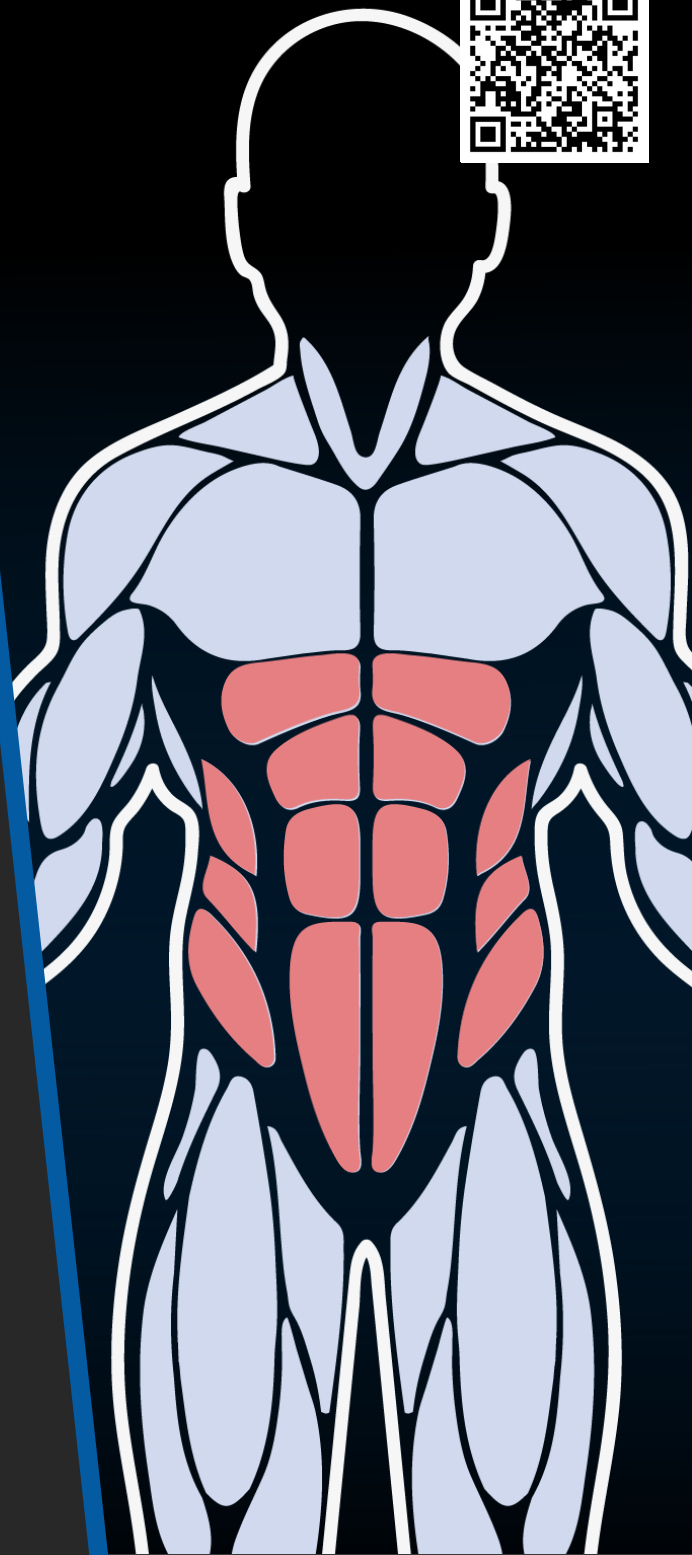
20 Reps

B: High Plank to Toe Touch

10 Reps

C: Cable Wood Chops

10 Reps each side



CORE

FOCUS WORKOUTS

Wiltshire Council

Exercises Descriptions

Hollow Hold

- Lie on back and lift shoulders off the ground while looking at your feet.
- Keep lower back pushed down into the floor to engage your core.
- Increase difficulty by extending arms and legs.



Plank

- Set up in a push up position, but with your forearms on the ground.
- Squeeze your glutes and tighten your abdominals while keeping a neutral neck and spine.
- Hold the position in a straight line from your head to toes.



Side Plank

- Lie on one side with legs extended and stacked from hip to feet.
- Place elbow on the ground underneath your shoulder.
- Lift your hips and knees to form a straight line from head to toe.
- Hold position and then repeat on opposite side.



Renegade Row

- Start in press up position with a dumbbell in each hand with your shoulders directly above your wrists and feet hip distance apart.
- Keeping dumbbell close to body row the weight up towards ribcage.
- Keep elbow pointing up without twisting your torso. Return to start.



High Plank to Toe Touch

- Set up in press up position with hands directly under shoulders and feet hip distance apart.
- Lift your hips up and back and reach one hand to opposite foot.
- Return to start position and then repeat on opposite side.



Cable Wood Chops

- Set up cable between shoulder and hip height.
- Grip the handle with both hands and straight arms.
- Keeping your hips square, twist your upper torso while maintaining arms in straight position. Control the release back to starting position.

